



Asian Vegetable Meat Roll

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



210 kcal

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 1 cup bread crumbs whole wheat soft (2 slices)
- ☐ 1 eggs
- ☐ 0.3 cup spring onion coarsely chopped
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces water chestnuts drained chopped canned
- ☐ 2.5 ounces mushrooms drained sliced

☐ 2 ounces pimientos diced drained

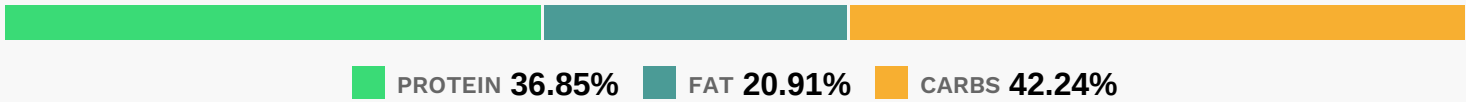
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Heat oven to 350°F. Spray broiler pan rack with cooking spray.
- ☐ Mix all ingredients except water chestnuts, mushrooms and pimientos. Shape mixture into 12x10-inch rectangle on waxed paper.
- ☐ Mix remaining ingredients.
- ☐ Spread over beef mixture to within 1 inch of edges; press into beef mixture.
- ☐ Roll up, beginning at narrow end, using waxed paper to help roll. Pinch edges and ends to seal.
- ☐ Place roll, seam side down, on rack in broiler pan.
- ☐ Bake uncovered 1 hour to 1 hour 15 minutes or until no longer pink in center and juice of beef is clear (meat thermometer should reach at least 160°F).
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:13.403913098833%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 210.39kcal (10.52%), Fat: 5.22g (8.03%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 19.85g (7.22%), Sugar: 2.87g (3.19%), Cholesterol: 74.15mg (24.72%), Sodium: 499.2mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.39%), Vitamin B12: 1.76µg (29.39%), Zinc: 4.31mg

(28.73%), Vitamin B3: 5.17mg (25.84%), Selenium: 17.21µg (24.59%), Iron: 4.25mg (23.64%), Vitamin B6: 0.46mg (22.87%), Phosphorus: 198.24mg (19.82%), Vitamin C: 15.48mg (18.76%), Fiber: 3.87g (15.47%), Vitamin B2: 0.24mg (14.02%), Vitamin K: 12.97µg (12.35%), Potassium: 430.6mg (12.3%), Manganese: 0.25mg (12.26%), Copper: 0.18mg (9.06%), Vitamin B5: 0.89mg (8.89%), Vitamin A: 346.44IU (6.93%), Magnesium: 26.63mg (6.66%), Vitamin E: 0.7mg (4.64%), Folate: 17.99µg (4.5%), Vitamin B1: 0.06mg (3.92%), Calcium: 20.14mg (2.01%), Vitamin D: 0.25µg (1.64%)